

Water Aerobics



West Valley City
Family Fitness Center
5415 W. 3100 S.
801 955-4000

West Valley City Family Fitness Center Your source for the highest quality Water Aerobic Classes

Invigorating! Fun!
Amazing Workouts
Full of Variety!



Our Water Fitness
Experts are Water
Exercise Enthusiasts
with the ability to use
the water for effective
and efficient workouts.

Efficient FIRST CLASS FREE!

First time to class?

Let Instructor know to receive a a free pass to class for you and your friend!

| Member Prices | Non-Member | SR. Member | Sr. Non-Member |
|-----------------|------------------|-----------------|--------------------|
| Daily \$3.50 | Daily \$5.00 | Daily \$3.00 | Daily \$4.00 |
| 4 wk. pass \$22 | 4 wk. pass \$40 | 4 wk. pass \$25 | 4 wk. pass \$37.50 |
| 10 punch \$30 | 10 punch \$47.50 | 10 punch \$25 | 10 punch \$37.50 |

Premium Membership Best Deal-Unlimited attendance to all Fitness Classes!

A few tips to get the most out of your Water Aerobic Workout

- Control your intensity level through your legs. To increase intensity use long and strong legs together with traveling. To decrease intensity use short and easy legs with less traveling.
- Amplify your cardiovascular training with elevated movements.
- Contract and stabilize your core before each exercise for greater control and more power.
- To maximize the toning effects of the water, push and pull your arms and legs through each of the movements with more deliberate power and force.
- To support the feet and improve their gripping ability during movement wear water tennis shoes (especially if you're diabetic). The shoes will also boost the drag effect of the water on the legs.
- Invest in a suit designed to workout in or wear a good sports bra under the one you have. Get one with a one year guarantee at H2Owear.com -10% discount code: #2638 Mary Courtright
- Sip on water during class to help prevent cramps and keep you revitalized for continual efficiency.

| Time | Mon. | Tues. | Wed. | Thur. | Fri. | Sat. |
|-----------------------------------|------------------------|----------------|------------------------|----------------|------------------------|--------|
| 5:30-6:30 am | Cardio-Tone | | Fit-Intervals | | Training Deep | |
| 8:15-8:55 am Start Sept. 8th | Ageless Cardio-Tone | | Ageless Cardio-Tone | | Ageless Cardio-Tone | |
| 9:00-10:00 am | Fit-Intervals | Cardio-Tone | Training Deep | Cardio-Tone | Fit-Intervals | Varies |
| 10:10-11:00 am | Ageless Fitness | | Ageless Fitness | | Ageless Fitness | |
| 10:05-10:45 am Start Sept. 8th | | High Intensity | | High Intensity | | |
| 7:00-8:00 pm | Cardio-Tone | Fit-Intervals | Training Deep | Cardio-Tone | | |

Cardio-Tone: Stronger Fit & Tone

You'll improve cardiovascular fitness levels through aerobic exercises that will use the power of the water's viscosity to increase muscle tone at the same time. You'll be asked to kick it up a notch through occasional intervals.

Ageless Fitness: Enhance Overall Fitness

Through the gentle combination of low aerobics and mild toning exercises you'll increase range of motion, heart health, and muscle tone. Slower pace to encourage successful and precise movement.

Ageless Cardio-Tone: Fit & Tone

For those who prefer a shorter and all shallow workout. A blend of two classes into one efficient, yet simple to follow exercises. Designed to improve your muscle tone while increasing endurance levels without high intensity intervals. Arrive early to enjoy social time with your friends.

Training Deep: Targeting the Core

A tight, stabilized core is the key in maintaining alignment, control, and power through the exercises in a deep water workout. You're heart rate will be challenged along with overall muscle strength as you press through the water.

Fit-Intervals: Challenging Endurance

You'll be moving back and forth from aerobic to anaerobic thresholds several times in this class. This forces your body to keep switching to different energy systems, placing higher demands on it to meet the required energy needed to perform the work.

High Intensity: Stronger Endurance Challenges

This high velocity and super charged class is shorter and tougher. An all shallow class designed with vigorous exercise blocks with high intensity intervals mixed in to challenge your current endurance level. You'll get one minute recovery in-between blocks, then it's back to work. You'll be asked to give more than you thought you had!